



# Foster Providers Forum

Fall 2006

Resources and Information for the Developmental Disabilities Foster Provider Community in Lane County

Lane County DD Services  
125 E. 8th Ave.  
Eugene, OR. 97401  
Phone: (541) 682-3695  
Fax: (541) 682-3879  
TTY: (541) 682-3892

## Foster Provider & Caregiver Conference "Celebrating the Professional Provider"

### Inside this issue:

Foster Provider & Caregiver Conference	1
Important Information	2
Kids Corner	2
Foster Focus	3
Ask Joanne	3
Community Spotlight	4

Mark your calendars and plan to join us for a fun day featuring Dynamic Presenters, Educational Workshops, Networking, Door Prizes, Lunch & an opportunity for Training Hours ~

To register, call Joanne Fletcher at 682-6551

Thursday, October 19  
9:00 a.m. to 2:15 p.m.  
Lane Community College Main Campus

### Contact Information

Adult Foster Coordinator  
Joanne Fletcher  
(541) 682-6551  
Joanne.Fletcher@co.lane.or.us

Children's Foster Coordinator  
John Woodie  
(541) 682-4492  
John.Woodie@co.lane.or.us

Rick Dancer, KEZI News Anchor  
Rick will kick-off our conference with a warm welcome and recognition

Conference Sessions

Got Stress? - Robin Rose  
Consulting with Psychiatrists & Physicians - Janean Fossum, RN  
Common Medications and their Side Effects - Janean Fossum, RN  
Autism in the Home - Mary-Minn Sirag  
Managing Community Mis-haps - Pamela Renfro

## IMPORTANT INFORMATION FROM THE COMPREHENSIVE CASE MANAGERS



A new form called the “Supervision Agreement” is now available for use as foster plans are put into place and reviewed. The purpose of this form is to provide medical, behavioral and supervision information to friends and family members who might be taking residents out of your homes for community outings and visits. There is room on the form to list medications, allergies, treatments and other pertinent medical needs. The amount of supervision an individual needs can be indicated, both at home and in the community. The ISP team for the individual can decide if the form is necessary and how often it needs to be completed/signed by the individuals taking the resident out of your home. Please check with your assigned case manager if you believe this form would be a helpful addition to the ISP process.



### Kids Corner

Just like that;

believe it or not, autumn is here again! There is suddenly crispness in the morning air. When I think of fall, Duck football games and Halloween instantly come to mind. Whatever your personal memories are of the season, there are some things that are common to all families with kids.

For the kids we serve fall means the beginning of school. This season can be a time of both renewal and challenge. Foster families are busy

re-adjusting their schedules and arranging for smooth transitions to the school schedule. Establishing and maintaining a good relationship with the school programs is an important and sometimes a confusing process for foster parents. Fall is generally the time that classroom changes occur and Individual Education Planning is done. The input of foster providers and guardians is essential to insure that the ongoing needs of children in care are met. Developmental Disabilities case managers can be an important ally in IEP meetings to help craft an appropriate plan to access needed services for children with challenges. Generally, case managers are available

for problem solving and attendance in meetings if needed (with advance notice) for school related issues.

Finally, this time of year is a time for providers to catch their breath from a busy summer and prepare for the upcoming holiday periods. Don't forget to take care of yourselves somewhere between carving pumpkins and turkeys! Using some respite care or taking an overnight trip can help keep you fresh and resilient. Please let your case manager know if you need assistance in locating a respite provider.

That's about all for this issue. Here's wishing you a beautiful autumn!

*John Woodie*

## Foster Focus: Five Principles of Self-determination

These are the foundation for how we, as teams, provide meaningful supports to the individuals who share our homes.



**FREEDOM:** to choose a meaningful life in the community.

**AUTHORITY:** over a targeted amount of resources (dollars).

**SUPPORT:** to organize resources in ways that are life enhancing and meaningful to the individual with a disability.

**RESPONSIBILITY:** for the wise use of public dollars and recognition of the contribution individuals with disabilities can make to their communities.

**CONFIRMATION:** of the important leadership role that individuals with disabilities and their families must play in a newly re-designed system and support for the self-advocacy movement.

See [www.self-determination.com](http://www.self-determination.com) for more information.



### Foster Provider Tip – Brought to you by the Foster Focus Group

Once a month, pre-cook meals like enchiladas, casseroles, taquitos, lasagna and freeze them. Then when you've had a tough day or you don't feel like cooking, you can heat up your pre-made meal. This works great for your respite caregivers and makes their day a little easier.

### Ask Joanne!



We welcome your questions and requests to clarify any information that you find confusing, unclear or suspect is a rumor...let us know!

Q What is a "Balancing Test" and how often should it be completed ?

A. The "Balancing Test" is a document completed by the prescriber (usually the psychiatrist or PCP) – of a psychotropic medication (a medication that alters mood or behavior, i.e. an anti-depressant) This form requires the prescriber to confirm that, while this medication has negative side effects, the positive effects of the medication outweigh the side effects. The Balancing Test form should be completed when a psychotropic is first prescribed, annually and/or when a medication dosage changes. You can obtain this form from the DD Services office or on-line at:

[http://www.lanecounty.org/HHS\\_DevDis/AdultFosterCare.htm](http://www.lanecounty.org/HHS_DevDis/AdultFosterCare.htm)

Q How come there are new foster homes opening when we have many openings in our current foster homes ?

A. Lane County and other DD Services offices around the state are recruiting providers who can support residents with needs we haven't seen much in Foster Homes in the past. These new providers have expertise in supporting people with extremely dangerous behaviors like hurting themselves and others, property destruction and criminal histories of sex offenses. There are also a few new foster homes for people who are medically fragile and require a great deal of direct health care and coordination.

## Community Spotlight: Options Services

Options Counseling Services of Oregon, Inc., is located at 1255 Pearl St., Suite 102 in Eugene. Their phone number is (541) 687-6983 and their fax number is (541)687-2063. This agency offers a variety of educational classes, support groups and counseling services. The following is a list of the types of classes they offer and the schedule for each. Options accepts the Oregon Health Plan medical card, sliding scale fees are charged for some classes and low/no fees for others.

Group/Facilitator	Description	Day and Time	Class Schedule	Cost	Comments
<b>Women's Domestic Violence group</b> Angi Stukenberg	Education about Domestic Violence effect on kids	Mon: 5-6:50 pm Tues 10:30-12:20 Tues 5-6:50 pm Wed 10:30-12:20	Ongoing	OHP IFS \$20 Pro Bono	
<b>Men's Domestic Violence group</b> Maria Schaad	Unlearning control, abuse and domestic violence	Mon 5-7 p.m.	Ongoing	\$25-\$35 Sliding scale per session	Spanish language group
<b>Non-offending Parent/ Partner group</b> Becky Austin	Primarily educational for parents of children who have been sexually abused or for partners of sex offenders	To be determined	To be determined	IFS Sliding scale OHP	
<b>Non-Violent Parenting Class</b> Jaime Guyn	Parenting for DHS Child welfare involved parents and other referred by therapists	Tues 12-2 pm Tues 5:30-7:30pm	Ongoing		15 week course
<b>Distress Tolerance</b> Robert Noble	Dialectical Behavioral therapy	Thurs 12-2	Fall 2006	OHP \$60	for "borderline personality"
<b>Emotional Regulation</b> Lucy O' Neal	Dialectical Behavioral therapy	Mon 12-2	Fall 2006	OHP \$60	for "borderline Personality"
<b>Safe and Sound</b> Susan Trefts Sally Snyder	For 5-8 yo kids impacted by domestic violence, with a concurrent parent group	Tues 3:30-5	Fall 2006	OHP \$10	
<b>Parenting Teenagers with Success</b> Jamie Guyn	For parents of teens. Focus is on building the parent-child relationship	Wed 5:30-7:30	Ongoing		12 week course
<b>Orientation Group</b> Sandi O'Brian	Introduces clients to the therapy process, creates initial therapy plan	Wed 1-3	Ongoing (single session)	OHP Private pay	for Pre-treatment purposes
<b>Stress Management</b> To be determined	Introduces clients to stress management techniques	Wed 12-2	Ongoing	OHP Private pay	4 week class